

Retreat hosted in
Camino a los Alamos
Valle de Bravo, México

April 4-12th, 2025

The Essence of Differentiation 7 day Retreat

This transformational retreat
will provide:

- Psychology-based workshops
- Yoga & meditation practices
- Ancient wisdom healing techniques
- Medicine Music experiences

<https://valledebravoretreats.com>

Weekly schedule

APR 5

DAY 1 PSYCHOLOGY-BASED WORKSHOP

8:30 am: Welcome: Orientation & Introductions - Simona

9 am: Light Silent Breakfast

10 am: Understanding *The SELF* Workshop: Psychology-based concepts & applications - Simona

12 pm: Lunch

1 pm: **Free time:** Relax, journal, explore & connect

2-4 pm: Understanding the interplay between thoughts, emotions, attitudes, motivations, and identity - Ome

4-6pm Medicine music experience - Arnaldo

APR 6

DAY 2 ANCIENT WISDOM & MODERN PSYCHOLOGICAL INSIGHTS

8:30 am-9:00am: Morning Meditation - Alaide @ Villa Ahó

9 am: Light Silent Breakfast

10-12 am: Overview of key ancient philosophical teachings & discuss how these perspectives relate to modern understandings of identity and self-concept - Erick

12 pm: Lunch

2-4 pm: Emotional Intelligence and Ancient Wisdom, Gossip, Storytelling and Self-Reflection - Simona

4-6pm Medicine music experience - Arnaldo, Layna

APR 7

DAY 3 MOTIVATIONAL BELIEFS, VALUES, AND GOALS

8:30am-9:30am: Yoga Vinyasa Flow - Simona @ Hot Yoga VALLE

10 am: Light Breakfast

10:30am-12:30am: Theories integrating motivation, cognition and goal setting - Simona

1 pm: Lunch

2-4 pm: Understanding the relationship between emotions and the body - Ome

6-7:30 pm: Kundalini Yoga & Transformative Healing experience - Amrit, Arnaldo @ Hot Yoga VALLE

APR 8

DAY 4 THE KEY IN THE DARK: SELF & SOUL TRANSFORMATION

8:30am-9:30am: Yoga & Meditation - Alaide @ Villa Ahó

9:30am: Light Silent Breakfast

10 am: Understanding Emotion Workshop: autonomic nervous system, basic emotion, universal emotion - Simona & Ome

12 pm: Lunch

2-4pm: Paradoxical Effects of Thought Suppression - Simona

5-7pm An immersive sound healing session - Layna @ Hot Yoga VALLE

APR 9

DAY 5 THE KEY IN THE DARK: SELF & SOUL TRANSFORMATION

8:30am-9:45am: Restorative Yoga - Ananda @ Hot Yoga VALLE

10 am: Light Silent Breakfast

10:30am: Embracing Shadows: Understanding and Integrating the Shadow Self; The stages of psychological and spiritual transformation: Calcination, Dissolution, Separation, Conjunction, Fermentation, Distillation, and Coagulation - Simona

1 pm: Lunch

2-4pm The Hero's Journey: Mapping Personal Transformation & The power of Sacred Rituals - Ome

4-6pm Medicine music experience - Arnaldo

APR 10

DAY 6 CLOSING CEREMONY (RETREAT ATTENDEES ONLY)

8:30am-9:45am: Hot Vinyasa / Ashtanga Flow - Jorge @ Hot Yoga VALLE (nueva clase)

10 am: Light Silent Breakfast

10:30am-12:30am: Integration & Reflection

1 pm: Lunch (Faena)

4 pm: Rituals and Symbols: Tools for Transformation - Ome

5:30 pm: Closing Ceremony & Medicine Music - Ayahuapu, Arnaldo Herrera, Luis Cardoso

7:30 pm: Dinner & Fire pit



ACCOMMODATIONS &

Price List

Cost per person

Queen or Full Size Bed (no room-mates)	\$2,500 pp
Queen Bed + Private Bathroom (2 people)	\$2,500 pp
Queen Bed + Bunk Bed (3 people)	\$2,000 pp
Queen Bed + Bunk Bed (3 people)	\$2,000 pp

** if you'd like your own room at a nearby lodging, transportation to and from the retreat location is included.*

Price includes:

Stay & Lodging
All Workshops & Practices
Yoga & Meditation Sessions
Food & Soft Drinks

Price does not include:

Airfare
Airport Transportation
Alcohol
Excursions
